

GIVE YOURSELF A HUG



1. While sitting or standing, close your eyes, take a deep breath, and relax your shoulders.
2. Open your arms wide and then wrap them around your body.
3. Grab your shoulders, tuck your chin, and gently squeeze. Hold for as long as you like.

CALMING WORDS

Say these phrases to help you relax.

"This feeling is not forever."

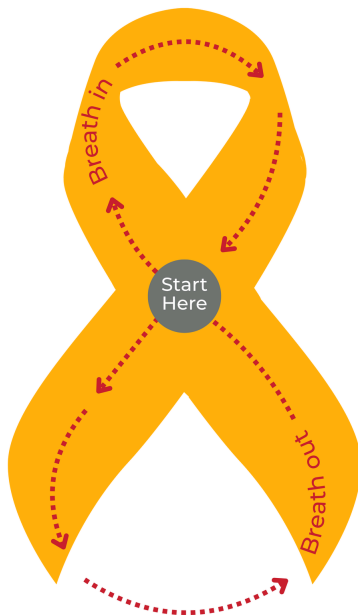
"I am loved."

"I am breathing in. I am breathing out."

"I am thankful for _____."

"I can move past this moment."

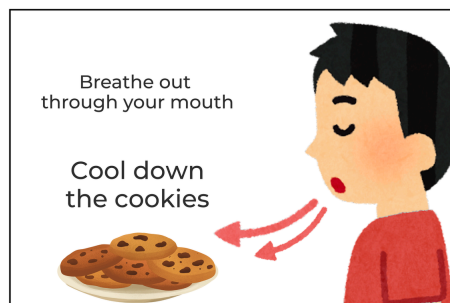
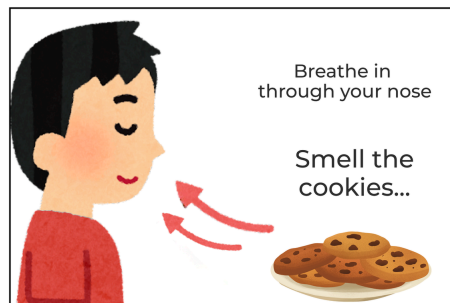
YELLOW RIBBON BREATHING



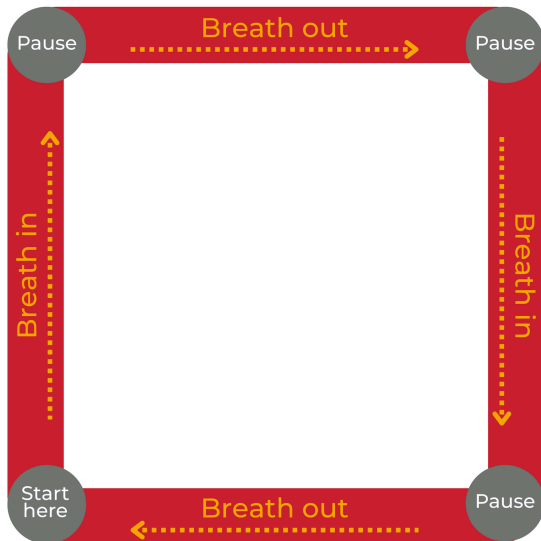
While breathing slowly, trace around the yellow ribbon.

COOKIE BREATHING

Pretend you have a warm plate of your favorite cookies.



SQUARE BREATHING



Start at the bottom left corner.
Follow the arrows around the entire square. Breathe in through your nose and out through your mouth.

RAINBOW BREATHING



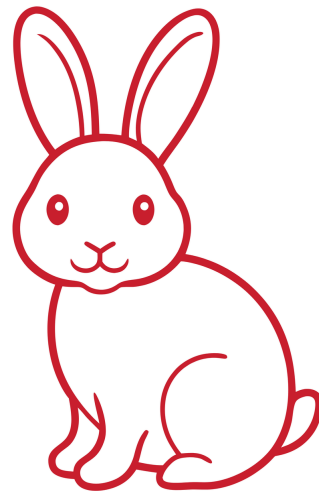
As you breathe in through your nose and out through your mouth, slowly trace each color of the rainbow.

5-4-3-2-1 CALMING TECHNIQUE

To help you relax and focus on the present moment name...

5	THINGS YOU CAN SEE	
4	THINGS YOU CAN TOUCH	
3	THINGS YOU CAN HEAR	
2	THINGS YOU CAN SMELL	
1	THINGS YOU CAN TASTE	

BUNNY BREATHING



Breathe in three short sniffs through your nose like a bunny.

Next, breathe out one long breath through your nose.

Repeat as many times as needed.

MINDFUL COUNTING



Place your finger on number 10.
Take a slow, deep breath in through
your nose and out through your mouth.
Move to 9 and continue to breathe in and
out at each number until you reach 1.